

Our advice in parallel to the treatment

In the case of sleep apnea, medical treatment is necessary. This is the first step to improve the patient's sleep in an effective and lasting way.

In parallel with the treatment, here are some tips that will help you improve your comfort on a daily basis :

- 1 Exercise and control your diet to limit excess weight. Indeed, the fat accumulated in the neck can obstruct the airway.
- 2 Limit the consumption of alcohol & medication in the evening.
- 3 Avoid smoking, which can increase the likelihood of sleep apnea by 2.5 times.
- 4 Avoid sleeping on your back as this position can further increase apnea and snoring.
- 5 Maintain sufficient sleep to prevent somnolence and associated risks.

The Sleep Blog

Get information, learn how to recognise the main symptoms of various pathologies and find practical advice on sleep.

www.cenas.ch/blog

- > new articles on sleep every month
- > practical advice
- > monthly newsletter

You believe you might be suffering from sleep apnea ?

If you have any doubts about your sleep quality, it is important to discuss it with your doctor. You can also reach out to our Geneva sleep center to obtain information or schedule a consultation with a sleep specialist.

If the consultation does not erase all doubts about sleep apnea, you will be offered several tests such as polysomnography (one night in a specialised examination center to analyse the quality of your sleep) to confirm the diagnosis of sleep apnea and evaluate its severity.



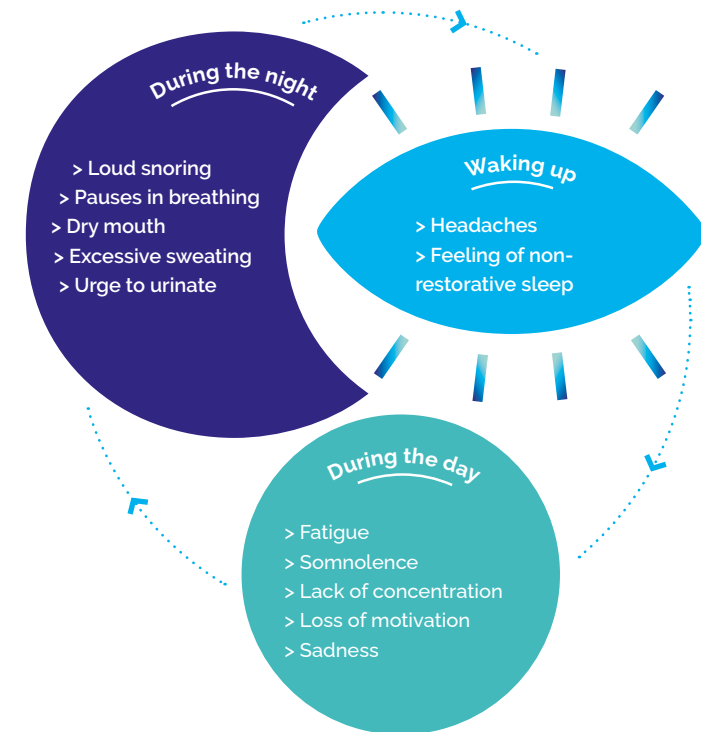
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OBJECTIVE SLEEP

Obstructive sleep apnea

Learn how to identify symptoms :



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Médecine du sommeil

Did you know ?

Obstructive Sleep Apnoea Syndrome (OSAS) is an often misunderstood yet common condition.

49 %

49 % of men over the age of 40 suffer from sleep apnea. 23 % of women of the same age are also affected.

2 min

Sleep apnea is a pause in breathing that lasts at least 10 seconds. The longest apnea observed may exceed 2 minutes.

2 to 3

Left untreated, sleep apnea increases the risk of stroke and high blood pressure by 2 to 3 times.

700

In the most severe cases, more than 700 pauses in breathing can occur during the same night without the patient being aware of it.

Test your likelihood of suffering from sleep apnea

using the Lausanne NoSAS Score application :



iOS version



Android version

Test based on the HypnoLaus study and developed under the supervision of Dr Raphaël Heinzer and Dr José Haba-Rubio (CHUV).

Understanding the mechanism of obstructive sleep apnea

When occurring repetitively during the night, apnoea strongly degrades the quality of sleep as well as its restorative power.

These pauses in breathing also lead to «micro-awakenings», drops in blood oxygen levels and significant changes in heart rate and blood pressure.

The partner typically plays an important role in detecting moments of apnea as they witness first-hand the patient's discomfort during sleep. Indeed, when they wake up, they often have no recollection of any pause in breathing. However, the health impact of such occurrences can be significant :

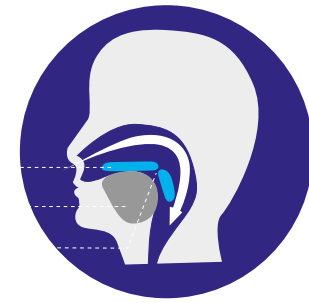
- > Risk of road and work accidents due to somnolence
- > Impaired sexual function
- > Increased risk of cardiovascular disease
- > Increased risk of stroke
- > Increased risk of diabetes
- > Increased pain, depression and inflammatory diseases

Existing treatments

CPAP machine

CPAP (Continuous Positive Airway Pressure) is the treatment of choice for sleep apnea. This device uses continuous air pressure to keep the upper airways open. Regular use (more than 4 hours per night) significantly improves sleep quality and reduces the risks associated with OSAS.

palate
tongue
soft palate



NORMAL BREATHING
normal airflow

total
obstruction



APNEA
air can't flow through

The loosening of throat and tongue tissues causes a collapse in the upper airways and blocks the airflow during breathing.

Partial blockage of the respiratory flow is referred to as « hypopnea ».

Other alternatives

In specific cases, ENT surgery (tonsils, polyps or nasal septum), maxillofacial surgery (jaw surgery), mandibular advancement device (pushing forward the lower jaw) and positional therapy are some other options that may be sufficient to clear the airways.